



# INDOMEDICON 2014

5<sup>th</sup> Antiaging Medicine And Research Conference

Holiday Inn, Mumbai

14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> February 2014

*Approach to "The Aging Youth Of Today"*

## Greetings

Dear Friends,

### **Aging is inevitable yet modifiable.**

In the current fast pacing and stressful life, people are aging faster. From "Young Adults", they are becoming the "Old Young". Working against the body clock has produced "SOCIAL JET LAG" in everybody, which by altering the body stress management (hormones) system has compounded the problem and aging is happening much before true age. The age of onset of the diseases like Diabetes, Hypertension, Heart attack, cancers, etc have gone down from 50's to 20's and 30's..... Early aging is multifactorial, and I feel that, the 4 key components of early aging need to be dealt with utmost expertise and to the root level:

Every specialist and super specialist, if focuses on the above 4 factors also other than the presenting complaints of the patient, then probably much more help can be given to the patient. This way the acquired early aging process can surely be retarded.

Antiaging approach of Medicine is about customization of treatment. It can be considered more as an individual centric treatment currently. With more and more physicians joining the Antiaging network and implementing Antiaging in their practice, it will soon have a potential to take the form of population centric medicine.

As with any new approach, Antiaging Medicine is also facing some criticism among the medical fraternity.

The reasons being :

- 1) Medical fraternity resist any change in opinion so easily.
- 2) The Antiaging physicians have somehow projected themselves separate from the other specializations.
- 3) The possessiveness of Antiaging physicians and pharmacies for their products and prescriptions.
- 4) Lack of dialogue and debate between the Antiaging Physicians and Other speciality physicians (for and against the protocols)

I think the time has come when Antiaging physicians and other speciality physicians should come together on a dice to have a strong and fruitful discussion about this approach, protocols, products and future.

In an attempt to bring various specializations together to discuss the aging process and Antiaging approach, "Antiaging Medicine And Research (AMAR)" conducts frequent workshops and annual conference, **INDOMEDICON**.

After successful conferences in 2009, 2010, 2011 and 2013, we are coming up with **INDOMEDICON-2014** : 5th Antiaging Medicine And Research (AMAR) Conference on 14th, 15th and 16th February 2014 at Holiday Inn, Mumbai.

All the details will be sent to you personally and uploaded on the websites

[www.indomedicon.com](http://www.indomedicon.com) and [www.antiagingindia.com](http://www.antiagingindia.com) on or before 10th September 2013.

Looking forward to meet you there for a healthy discussions, dialogues and debates.

To know more about Antiaging Medicine And Research (AMAR), World AntiAging Network (WAAN) and INDOMEDICON, kindly visit [www.antiagingindia.com](http://www.antiagingindia.com), [www.worldantiagingnetwork.com](http://www.worldantiagingnetwork.com) and [www.indomedicon.com](http://www.indomedicon.com)

Regards,

**Dr. Deepak Chaturvedi**; M.D.

Co-founder and Secretary : Antiaging Medicine And Research (AMAR)

Co-founder and Vice President : World AntiAging Network (WAAN)

President : INDOMEDICON

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## PROGRAM SCHEDULE

Date	Day	Topic
14th Feb	Day - 1	HORMONES & ANTIAGING PRACTICE
15th Feb	Day - 2	OBESITY AND METABOLIC SYNDROME
16th Feb	Day - 3	SKIN & AESTHETICS

## Tentative Topics

Day 1 <sup>st</sup> :	DAY 2 <sup>nd</sup> :	Day 3 <sup>rd</sup> :
<b>HORMONES IN ANTIAGING PRACTICE</b>	<b>OBESITY AND METABOLIC SYNDROME</b>	<b>SKIN &amp; AESTHETICS</b>
The Aging Phenotype: Irrespective of Calendar Age.	Obesity leading to early aging.	Ultraviolet radiation & Skin Aging
Endocrinology of Aging: A bidirectional Model	Metabolic Syndrome: Modern Era Epidemic.	Smoking & Aging – Systemic & cutaneous aspects
Laboratory values interpretation for Hormones assays in Antiaging Practice.	Cardiovascular complications of Obesity: How to manage them?	Management of aging face.
Growth Hormone in Antiaging - Somatopause, Potentials of Growth Hormone Supplementation in aging adults.	Endocrine implications of Obesity : How to manage them?	Fractionated Radiofrequency vs Fractionated Ablative Lasers
DHEA in Antiaging- Adrenopause, Adrenal Fatigue, Potentials of DHEA supplementation in Aging adults.	Hypercholesterolemia- A predictor of early aging. How to manage?	Injectables in Aging – Botulinum Toxin & Dermal fillers
Thyroid hormones in Antiaging: T3/T4 Vs T4,Subclinical hypothyroidism, Thyroid Supplementation in euthyroid individuals, Compounded T3/T4 : Advantages and Disadvantages.	Coronary Artery Disease: Does Life Style play any role? Is there any role of screening angiography in younger age group?	Adult Acne- Is it symbolic of Hormonal Aging ?
Testosterone in Antiaging–Andropause. Potentials of Testosterone supplementation in aging adults, Compounded Testosterone : Advantages and Disadvantages	Medical management of Obesity: Conventional, unconventional and off label approach.	Platelet Rich Plasma Vs Stem Cell Therapy ..which is the Modern Day Elxir ?
Hormones Corrective Therapy for women, PMS, Menopause.	Right Nutrition Right Time.	Approach to a male patient with Alopecia.
Approach to patient with PCOD	Non Invasive Body Contouring.	Approach to hair loss in female patients
Vit D : More than a Vitamin! Is it a HORMONE?	Introduction about Bariatric Surgery	Non Surgical treatment Options for Hair Loss & Hair Regrowth
Potential role of Melatonin replacement.	Nutritional Care after Bariatric Surgery	
Approach to a patient in an Antiaging Clinic.	Metabolic and Endocrine effects of Bariatric Surgery in an Obese patient.	
	Skin Changes in Obesity : How to manage them?	
	Skin/Hair/Nail Complications of Bariatric Surgery	

## Scientific Committee

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## Glimpse of Past INDOMEDICON



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## INDOMEDICON in Media



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Conference Secretariat

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